

New Knowledge Adventures Presents:

Hypnosis for Universal Pain Management

Seminar #8:
Guided Practicum –
Honing Your Hypnotic Skills
Part 3: Hypnotic Language Patterns

Course Materials

- All course materials are available on our website
- www.NarrowGateAlliance.org
- Login Information:
 - UserID: hypnosisupm
 - Password: pa1nfr3e
- A CD of all materials will be provided for those who cannot access the website

Guided Practicum - Review

- Together, we will 'hone' all of the skills that we have learned
 - Hone: To refine or master a skill. From the Proto-Germanic *hainō*, meaning *whetstone*, and the Proto-Indo-European *kōy* meaning 'to be [one-] pointed'
- Tutorial Method – Those who “can” will help those who “can’t” - yet
- Failsafe Contingencies - No such thing as 'failure' – only additional opportunities to learn

Hypnotic Language Patterns

- Two types of suggestions:
 - Direct Suggestions
 - "You will sleep...sleep...sleep...sleep...."
 - "You will stop smoking...stop smoking...."
 - "Relax...relax...relax...relax...."
 - Indirect Suggestions
 - "As you continue to breath normally, you can begin to relax your muscles more and more completely."

Hypnotic Language Patterns (Cont.)

- Basic Indirect Suggestion Language Pattern
 - And/As/While/Because you are ... then you will/can/might/may begin to ... more and more easily/completely/comfortably...

Hypnotic Language Patterns (Cont.)

- Exercise #1: Build an indirect suggestion to increase relaxation after VAPMR

Hypnotic Language Patterns (Cont.)

- Exercise #2: Build an indirect suggestion tailored to your partner's request

Structured Suggestions

- 1) Work together to create one or two structured suggestions
- 2) Test with finger signals for congruency
- 3) Relax
- 4) Close eyes
- 5) Slowly present suggestions to student

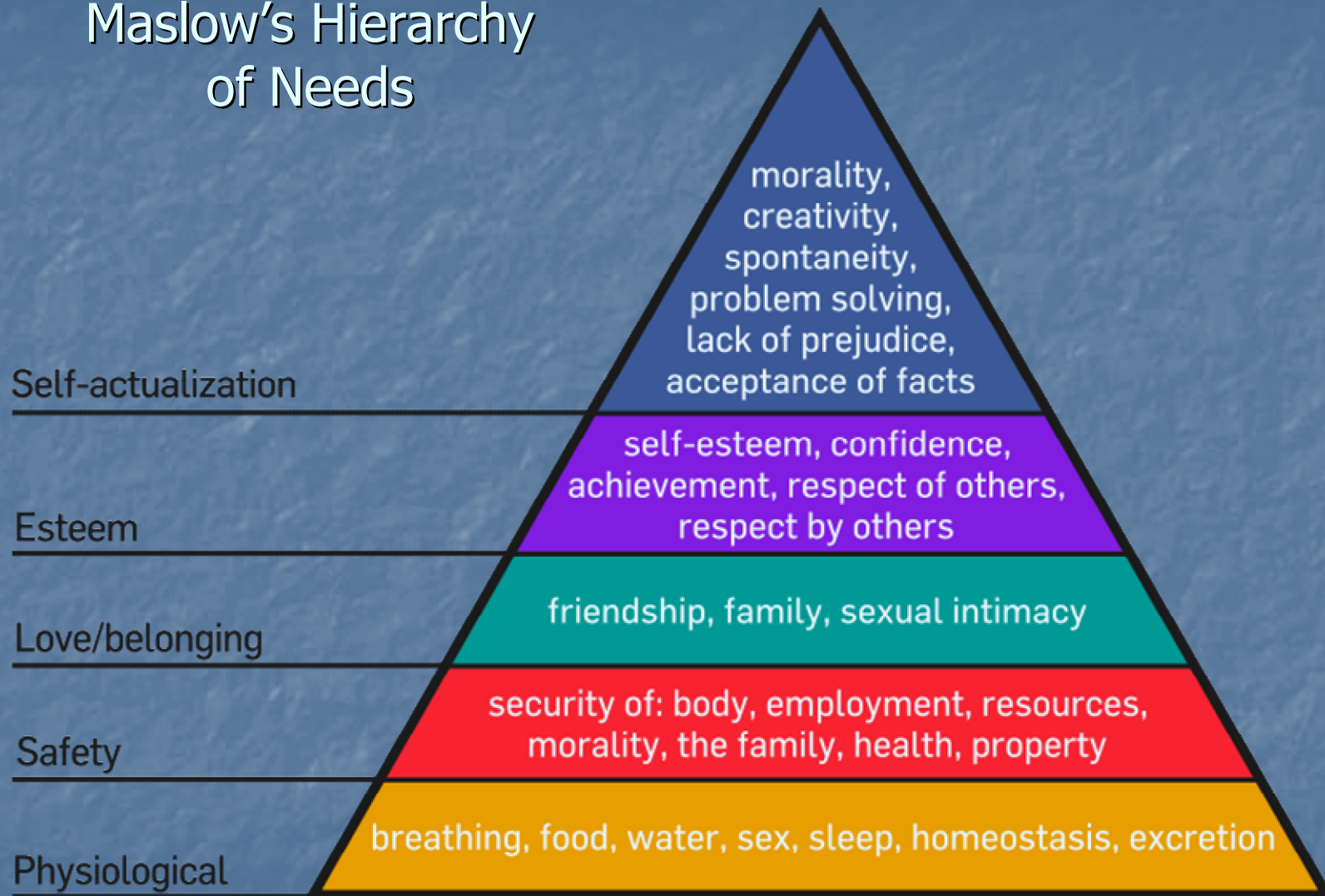
Structured Suggestions

- 1) Select an introductory phrase
- 2) Define the outcome
- 3) Define actions leading to outcome
- 4) Define time frame for outcome
- 5) Define metrics
- 6) Test for congruency

Aladdin's Rules

- Rules for Selecting Safe Wishes for your Djinn
 - 1) Based on Needs, not Wants
 - 2) Obtainable
 - 3) Sharable
 - 4) Renewable
 - 5) Harmless to Others
 - 6) Self-Congruent
 - 7) Does not violate the 'Law of Polarity:'
 - "If A is created, Not-A will also manifest."
 - Is the wish a Zero-Sum Outcome?

Maslow's Hierarchy of Needs



Guided Practicum (Cont.)

- First Skill – VAPMR
 - Review and Practice as a group
 - Pay close attention to:
 - Sequence of the relaxation
 - Sensations as they occur
 - Thoughts and feelings as they arise
 - Pair up and practice
 - Instructor and student
 - Switch roles

VAPMR Sequence

- 1) Toes and Feet
- 2) Lower Legs (Calves and Shins)
- 3) Upper Legs (Hamstrings and Quads)
- 4) Core (Abs, Glutes, Lower Back)
- 5) Chest and Upper Back (Pecs and Lats)
- 6) Neck and Traps
- 7) Shoulders, Arms and Hands
- 8) Face, Eyes and Jaw

Guided Practicum (Cont.)

- Second Skill – Anticipatory Expectancy Set (Defining Your Space)
 - Review and Practice as a group
 - Pay close attention to:
 - Sequence of attention and visualization
 - Sensations as they occur
 - Thoughts and feelings as they arise
 - Pair up and practice
 - Instructor and student
 - Switch roles

Expectancy Set Sequence

- 1) Focus eyes on wall or student
- 2) Allow attention to follow wall or create a sphere around yourself and student
- 3) Take 2 centering breaths
- 4) State expectancies aloud or silently

Guided Practicum (Cont.)

- Third Skill – Response to Suggestion
 - Review and Practice as a group
 - Pay close attention to:
 - Sequence of the instructions
 - Sensations as they occur
 - Thoughts and feelings as they arise
 - Pair up and practice
 - Instructor and student
 - Switch roles

Response to Suggestion

- 1) Relax
- 2) State Expectancies
- 3) Close eyes
- 4) Imagine balloon attached to right wrist
- 5) Imagine dictionary held in left hand
- 6) Open eyes – observe response

Guided Practicum (Cont.)

- Fourth Skill – IDC
 - Review and Practice as a group
 - Pay close attention to:
 - Sequence of the instructions
 - Sensations as they occur
 - Thoughts and feelings as they arise
 - Pair up and practice
 - Instructor and student
 - Switch roles

IDC Instructional Sequence

- 1) Relax
- 2) Close eyes
- 3) Concentrate on fingers for a 'Yes' response
- 4) Then a 'No' response, 'I Don't Know' response, 'I'm Not Ready Yet' response

Q and A

Guided Practicum for our Five
Primary Hypnotic Skills and
Hypnotic Language Patterns

Homework

- Continue to Practice and Teach Your Basic Skills
 - VAPMR
 - At least twice per day
 - After you are relaxed, then practice:
 - Differential Muscular Relaxation
 - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
 - Ideo-Dynamic Responses to Suggestion
 - Hot and Cold Hands, Feet, Arms
 - Arms and hands floating
 - Acquiring Your Own Space
 - Ideo-Dynamic Communication (IDC)
 - Create your own Structured (Auto)-Suggestions Using the New Format

Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- Practice your new Ideo-Dynamic Skills with your new Structured (Auto)-Suggestions
 - Chevreul Pendulum,
 - Ideo-Dynamic Finger Signaling
 - Behavioral Kinesiology

Q and A